

notes

Episode 2: Worldwide Access to Hygiene Resources, How Our Bodies Fight Off Germs Naturally, & Everyday Hand-Washing Practices

Exploring hygiene research...

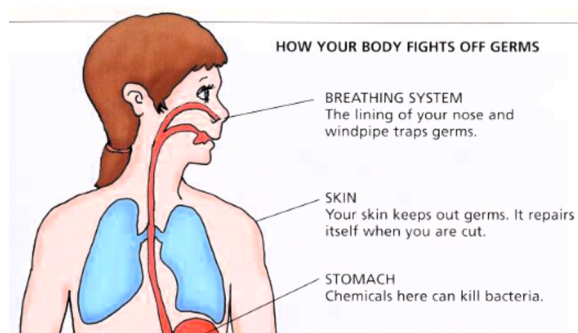
- In 2022, UNICEF found 2 billion people in the world still had no access to services for hygiene

Exploring science...

- Our bodies fight off germs in at least 3 ways: our airways, our skin, and our stomach

Exploring daily self-care...

- Wash hands with soap and water before eating, after using the washroom, after petting animals, & before eating



HOW YOUR BODY FIGHTS OFF GERMS

BREATHING SYSTEM
The lining of your nose and windpipe traps germs.

SKIN
Your skin keeps out germs. It repairs itself when you are cut.

STOMACH
Chemicals here can kill bacteria.